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ABSTRACT

As girls face the serious emotional, physical, and developmental challenges during youth and adolescence, external support from a nonparental female role model is an essential, and too frequently ignored, requirement for healthy development. This book presents a process for mentoring young women and girls by providing guidance in five areas: physical, intellectual, emotional, and spiritual development; and financial accountability. It contains specific steps or actions women can take to become positive role models, presents a personal narrative on the decision to become a mentor, and discusses the role of mentors and how parents can facilitate mentoring. There is a chapter devoted to each area of development, with each chapter describing experiences in mentoring or counseling girls in that area and specific suggestions for mentoring strategies. The book includes a list of 57 books, magazines, organizations, and websites for parents and mentors interested in supporting the growth and development of girls. (Author/KB)

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